

Lewis-Palmer High School
Physical Education Dept.
SYLLABUS



I. Grading System

- A. Student grades will be based on the following:
1. Participation(5)/Dressing(5) Total of 10 points each day
 2. Written Assignments
 3. Written and Skills Tests
 4. Final Exam (worth 10% of the student's overall grade)
- B. Letter grades will be given as follows:
- 90-100% = A
 - 80-89% = B
 - 70-79% = C
 - 60-69% = D
 - 0-59% = F

II. Participation

- A. Points are earned by dressing out daily and actively trying to improve one's skills and fitness level, in each unit of activity, in a spirit of cooperation and sportsmanship.
- B. Points for participation may be earned by the following:
1. Dressing out
NO make-ups are allowed for non-dress.
 2. Appropriate Behavior including sportsmanship, respect to others and equipment
 3. Engaging in physical activity

III. Attendance

A. Excused Absences: ANY ABSENCES AFTER 8 (9th absence) – Credit may be DENIED (Withdraw/Fail) per school policy.

Make-up's: Make-ups WE WILL FOLLOW LPHS EXCUSED ABSENCE MAKE UP POLICY. If the make-up is not completed within 2 days of the absence, the student can no longer get the points back.

A "make-up" is 30 minutes of physical activity with an LPHS physical educator. The make-up must be completed in the morning during access period, after school, or with prior arrangements with the teacher. The student must communicate with the teacher ahead of time.

At the time of make-up, the student must check-in with the teacher, check-out with the teacher, and turn-in a completed "P.E. Make-up sheet to the teacher.

B. Unexcused Absences:

Make-ups will be allowed for half credit.

Students leaving the class area before the bell rings will have discipline action at the discretion of the teacher.

C. Suspensions:

School suspensions can be made-up through the make-up policy (see above).

D. Tardies:

Each student will be given 5 minutes to dress out and report to class, after the bell rings. After that time, the student will be counted tardy. On the fourth tardy the student will be served a school detention, and for every tardy after four.

IV. Excused from Participation:

All students must have a doctor's note or a current LPHS athlete may obtain a note from LPHS ATHLETIC TRAINERS for extended absences from participation (3 days or more) from class.

For all doctor's notes, the teacher will choose from the following options for the student:

1. Assign a 2-page research paper (per absence) based on a physical education related topic/activity.
2. Allow modified activities.
3. Implement the P.E. make-up policy.
4. A combination of the above options.

In the event that a student is very ill or injured, but cannot get a doctor's appointment immediately, the student needs to provide the doctor's information as soon as possible. If the non-participation is not cleared by a physician, it will be treated as an absence.

V. Dress Requirements – We follow LPHS DRESS CODE.

A. SHORTS or SWEATS

No zippers or button flies. No cut-offs. Must be worn according to school policy.

B. T-SHIRTS

Any T-shirt with sleeves, and one that does not have an inappropriate message on it.

C. SHOES

Should not mark the floor and should be appropriate for the activity.

D. SOCKS are REQUIRED!

E. Excessive jewelry, hooped or spiked jewelry, should not be worn during class time.

F. Bring the appropriate clothing for indoor and outdoor activities.

VI. Locks / Lockers

A. Locks are the responsibility of each student.

B. Each student will need to bring in a combination lock (no "key" locks, please).

C. The combination will be given to the teacher to have on file for emergency purposes.

D. Students will be assigned a locker room to store their PE clothes.

PLEASE KEEP ALL ITEMS LOCKED UP AT ALL TIMES! NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS!